

Arts, Crafts and More

WATERCOLOR

OFFERED BY GAVILAN COLLEGE

Learn basic use of color and techniques of water color in this fun and relaxing class.

Instructor: Rupa Gupta

Location: Centennial Recreation Senior Center, Multipurpose Room

Date	Day	Time	Age
Ongoing	TH	1:00pm-4:00pm	50+

Free/\$30 Material fee optional

Register at the Centennial Recreation Senior Center

SCRAPBOOKING AND CROPPING

Are your photos in boxes and needing to be organized? Join other scrapbookers and exchange ideas while creating albums that reflect your favorite memories.

Location: Centennial Recreation Senior Center, Activity Room 2

Date	Day	Time	Age
Ongoing	T	10:00am-12:00pm	50+

Drop-in: \$1

Please provide your own materials.

KNITTING AND STICHERY

Do you enjoy the lovely art of needlework? Now is your chance to knit and stitch with others who love this art! Learn the different types of knitting stitches and how to read a pattern to create a beautiful piece of work. Already know how to knit? Enjoy other types of needlework? Bring your craft and come and share ideas with everyone! Men are welcome!

Instructor: Rebecca Lister

Location: Centennial Recreation Center, Activity Room 2

Date	Day	Time	Age
Ongoing	Th	10:00am-11:00am	50+

Drop-in: \$1

NEEDLEWORK GROUP

Are you unable to come and stitch during the day? Then come to our evening Needlework Group if you enjoy any kind of needlework, including knitting, cross-stitch, or crochet. Bring your project and enjoy the company of your fellow crafters and get new ideas!

Facillator: Carolyn Trevino

Location: Centennial Recreation Center, Activity Room 2

Date	Day	Time	Age
Ongoing	W	5:00 pm-9:00 pm	50+

Drop-in: \$2

ROTATING ART EXHIBIT

Come walk through the halls of the Senior Center and enjoy the talents of our 50+ Adult community, as well as other talented local artists.

Fitness

SOUTH COUNTY LIFELONG FITNESS

This fitness program is provided by a grant from "The Health Trust". Trained fitness staff will deliver the Arthritis Foundation's Exercise Program twice weekly to the residents of Wheeler Manor, Monticelli Apartments, Sycamore Glen Apartments and the Morgan Hill Senior Café.

Location	Day	Time	Age
MH Senior Café	T	10:00 am-11:00am	50+
	F	10:00 am-11:00 am	50+
Wheeler Manor	M/W	2:30 pm-4:00 pm	50+ (English)
	M/W	3:00 pm-4:30 pm	50+ (Spanish)
Sycamore Glen	M/W	2:15 pm-3:15 pm	50+
Monticelli Apts.	M/W	12:30pm-2:00pm	50+

Free

AQUATIC FITNESS CLASSES

See page ? for class information.

CHAIR YOGA

A gentle yoga class that focuses on breath awareness, stretching, strengthening and meditation while using the chair to either sit in or stand next to while enjoying the benefits of yoga.

Instructor: Terri Wright

Location: Centennial Recreation enter, Activity Room 1

Date	Day	Time	Age
Ongoing	T	10:30am-11:30am	50+

Resident: \$7 / CRC Member: Free

Non Resident: \$9 / CRC Member: Free

50+ PILATES

This is a mat-based workout, specially designed for the older adult, which will strengthen and lengthen your muscles, help improve posture, enhance stability, increase core muscle strength, and improve flexibility.

Instructor: Mary Dunn

Location: Centennial Recreation Center, Activity Room 1

Date	Day	Time	Age
Ongoing	T	9:15am-10:15am	50+
Ongoing	Th	2:00pm-3:00 pm	50+

Resident: \$7 / CRC Member: Free

Non Resident: \$9 / CRC Member: Free

50+ YOGA

A class designed for 50+ adults that focuses on stretching, breath awareness and meditation.

Instructor: Terri Wright

Location: Centennial Recreation Senior Center, Activity Room 1

Date	Day	Time	Age
Ongoing	Th	10:15am - 11:15am	50+

Resident: \$7 / CRC Member: Free

Non Resident: \$9 / CRC Member: Free

50+ FUNCTIONAL FITNESS

This group exercise class provides a supportive and safe environment to help increase one's strength, flexibility and balance. This class is taught by our fitness specialists with an expertise in working with active older adults. Instruments that will help participants maintain and increase strength, flexibility and balance include chairs, lightweight handheld dumb bells, resistance tubing and stability balls. Balance exercises may also include extensions of legs from chairs or performing wall squats with the use of a stability ball.

Instructor: Natalya Keyes

Location: Centennial Recreation Center, Aerobics Room

Date	Day	Time	Age
Ongoing	M/W/F	1pm-2pm	50+

Resident: \$7 / CRC Member: Free

Non Resident: \$9/CRC Member: Free

SENIOR AEROBICS

OFFERED BY GAVILAN COLLEGE

Improve your strength, flexibility, and cardio vascular system with this fun non-impact exercise program.

Instructor: Barbara Mendonca

Location: Centennial Recreation Center, Gymnasium

Date	Day	Time	Age
Ongoing	T/Th	Class 1: 10:00am-11:00am Class 2: 11:00am-12:00pm	50+

Drop-In: Free

WII BOWLING

Calling all bowlers (and wannabe bowlers)! This video game is so realistic you'll think you're at the bowling alley. Come and enjoy an afternoon of bowling with our large screen and great sound system. It's easy to learn and no prior experience is necessary. Your grandkids will be very impressed!

Location: Centennial Recreation Center, Multipurpose Rm

Date	Day	Time	Age
Ongoing	W	12:45pm-3:30pm	50+

Drop-in: Free



DROP IN TENNIS

"Drop in" to play,
no partner required.

Location:
Community Park, Tennis Courts

Every Saturday 10am-12pm

Open to the public
Free

Cards and Games

CARD GAMES

Drop in Card Games: includes Bridge, Pinochle, Rummy, 500, and others.

Location: Centennial Recreation Senior Center, Senior Lobby

Date	Day	Time	Age
Ongoing	M/F	1:00pm-3:00pm	50+

Drop-in: Free

DUPLICATE BRIDGE

Join our large group of bridge players who pair up with a partner to play the challenging game of duplicate bridge.

Facilitator: Winston Stone

Location: Centennial Recreation Senior Center, Multipurpose Rm

Date	Day	Time	Age
Ongoing	M	6:30pm-10:00pm	All
Ongoing	Every 3rd Sunday	12:00pm-4:00pm	All

Drop-in: \$6.00

BILLIARDS/PING-PONG

Interested in picking up a game of eight or nine ball or catching a quick game of ping-pong? Billiard and ping-pong tables available for open play during Senior Center hours.

Date	Day	Time	Age
Ongoing	M-F	8:00am-3:00pm	50+

500 CARD GAME

Drop in for a fun game of one of America's oldest card games. No experience necessary. Just come, learn a new card game and have a great time!

Location: Centennial Recreation Senior Center, Senior Center Lobby

Date	Day	Time	Age
Ongoing	M-F	10:30am-12pm	50+

Free

BINGO

Come and meet new people while enjoying the fun game of BINGO!

Location: Centennial Recreation Senior Center, Multipurpose Rm

Date	Day	Time	Age
Ongoing	M/W	10:30am-11:15am	50+

Free

SCRABBLE

Boost your brain power with the challenging and fun game of Scrabble!

Facilitator: Elaine Reimer

Location: Centennial Recreation Senior Center

Date	Day	Time	Age
Ongoing	Th	10:00am-12:00pm	50+

Drop-in: Free

Dancing

LINE DANCING

Have you always wanted to learn to Line Dance, but felt intimidated by the large class of those who seemed to already know what they were doing? If so, this is the class for you! Beginner and experienced dancers welcome!

Instructors: Lu Jenner

Location: Centennial Recreation Senior Center, Multipurpose Rm

Date	Day	Time	Age
Ongoing	T	1:00pm-2:00pm	50+
Drop-In: \$1			

MUSIC AND DANCING

Bring your dancing shoes and spend your morning dancing to your favorite songs!

Facilitator: Fred Schulze

Location: Centennial Recreation Senior Center, Senior Café

Date	Day	Time	Age
Ongoing	1st and 3rd Friday of each month	11:00am-12:00pm	50+

Drop-In: Free

Singing, Music and Entertainment

SING-A-LONG

Love to sing? Come and sing with us as we bring out the old favorites.

Facilitated by Denise Melroy

Location: Centennial Recreation Senior Center, Multipurpose Rm

Date	Day	Time	Age
Ongoing	Th	11:00am-12:00pm	50+
Drop-In: Free			

MOVIE MATINEE

Spend a relaxing afternoon watching movies on a large movie screen. We'll even provide the popcorn and soda!

Location: Centennial Recreation Senior Center, Multipurpose Rm

Date	Day	Time	Age
Ongoing	1st and 3rd Monday of each month	1:00pm-3:00pm	50+

Drop-In: Free

Photography Programs

PHOTOGRAPHY CLUB

Come and share your photos and learn more about photography. All levels are welcome.

Facilitator: Susan Brazelton

Location: Centennial Recreation Senior Center, Multipurpose Rm

Date	Day	Time	Age
Ongoing	1st Wed. of month	7:00pm-9:00pm	All

Drop-in: \$20 annual dues fee

Computer Programs

50+ ADULT PUBLIC COMPUTERS

The Centennial Recreation Center provides a quiet room with access to state of the art computers and internet access. Membership is not required.

Location: Centennial Recreation Senior Center, Computer Room

Specified 50+ Adult Only Designated Hours:

Date	Day	Time	Age
Ongoing	M-F	8:00am-3:00pm	50+

COMPUTER CO-PILOTS

Come and learn basic computer skills in our state of the art computer center. You don't need any computer skills, just a desire to learn and have fun! Topics include, but are not limited to: beginner computer introduction, keyboarding, learning to use the computer mouse, using the internet, emailing, information filing, the basics of Microsoft Word, the basics of Microsoft Excel and creating mailing labels.

Instructors: Leigh Donaldson and the Computer Co-Pilot Volunteers

Location: Centennial Recreation Senior Center, Computer Room

Date	Day	Time	Age
Ongoing	W	12:00pm-3:00pm	50+
Drop-in: Free			

LEARN TO USE YOUR LAPTOP

Never used a laptop computer before or do you have a new laptop, but you're not sure how to use it to its full potential? Let our knowledgeable laptop computer volunteers help to get you started.

Instructor: Tony Razouk and the Computer Co-Pilot Volunteers

Location: Centennial Recreation Senior Center, Computer Room

Date	Day	Time	Age
Ongoing	W	12:00pm-3:00pm	50+
Drop-in: Free			

Things To Do
mark your calendars

Tons of fun, activities, and events
for the whole family. See page 4.
Just For Teens - pages 30 & 32.

ADULT 50+

Special Services & Interests

DEMENTIA CAREGIVER SUPPORT GROUP

This group will provide a safe place for family members and friends of dementia patients to share feelings, concerns and information. This group is where you will find support and learn how other people cope with the symptoms and life changes caused by dementia, Alzheimer's disease and other related disorders.

Instructor: Tiffany Mikles, Dementia Care Coach

Location: Centennial Recreation Senior Center, Activity Room 2

Date	Day	Time	Age
Ongoing	1st Friday of the Month	2:00pm-3:30pm	All
Ongoing	3rd Tuesday of the Month	6:00pm-7:30pm	All

Drop-In: \$2

HEALTH INSURANCE COUNSELING

Counselors will assist seniors and their families understand and evaluate the confusing array of insurance options. Counselors assist seniors with comparison charts, insurance plan benefits, cost and limitations, claim or benefit denials and other billing problems. The Council on Aging is not affiliated with any insurance company and offers unbiased information solely to aid seniors in making informed decisions about coverage.

Location: Centennial Recreation Senior Center, Activity Room 2

Date	Day	Time	Age
Ongoing	2 nd & 4th Friday of the month	9:00am-12:00pm	60+

Advance appointment required
Free

SENIOR ADULT LEGAL ASSISTANCE

Free legal assistance for Santa Clara County residents 60+ with problems pertaining to Social Security, Medicare, Medi-Cal, mobile homes, elder abuse and housing. Spanish speaking assistance available.

Location: Centennial Recreation Senior Center, Activity Room 1

Date	Day	Time	Age
Ongoing	2nd Wednesday of every other month	1:00pm-3:30pm	50+
Ongoing	3 rd Thursday of every other month	1:00pm-3:30pm	50+

Advance appointment required
Free

BLOOD GLUCOSE AND CHOLESTEROL SCREENING

Facilitated by Sister Rachela of St. Louise Hospital

Location: Centennial Recreation Senior Center

Date	Day	Time	Age
9/16	Thursday	10:15am-11:00am	60+

Drop-In: Free

BLOOD PRESSURE SCREENING

Facilitated by Donna Bell of Catholic Charities, Daybreak Respite Care Services

Location: Centennial Recreation Senior Center

Date	Day	Time	Age
Ongoing	3rd Friday of each month	9:00am-11:00am	50+

Drop-In: Free

COFFEE WITH THE MAYOR

You are invited to join Mayor Steve Tate for coffee and casual conversation. Have a question or thought that you would like to share with the Mayor? Come chat with him over a cup of coffee.

Date	Day	Time	Age
Ongoing	One Friday of each month	11:00am-noon	50+

Drop-In: Free

OUTREACH TRANSPORTATION

Provides transportation services to seniors 7 days per week. For those who wish to use Outreach to attend the Morgan Hill Senior Café, transportation is provided at no cost. Contact the Senior Center at 782-1284 to obtain an application.

SENIOR PROGRAMS AND SERVICES COMMITTEE

The Senior Programs and Services Committee operates in partnership with the Director of Senior Programs and Services to provide a voice regarding the needs and wants of the older adult community through the evaluation and development of programs, policies and services. Meetings are held on the 3rd Tuesday at 6pm at the Centennial Recreation Senior Center. Your committee members are:

Robert Best, Frank Diaz, Jill Kirk, Karen Lengsfeld, Jeannette Riley, Cricket Rubino Gloria Subocz, John Tarvin and Linda Tarvin.

VOLUNTEER OPPORTUNITIES

Volunteers are our greatest resource. We have many volunteer positions available at the Senior Center and within the larger community. Visit the Senior Center for a listing of available opportunities.